Ron Rolheiser writes that “to be a saint is to be motivated by gratitude, nothing more and nothing less.” Rolheiser points out that the sin of Adam and Eve was a failure in receptivity and gratitude. God gives them life, each other and many other beautiful blessings and asks them to receive it properly and in gratitude. Instead, in their greed, they demand more. To receive in gratitude and be properly grateful is the most primary of all religious attitudes, and not necessarily to live a very strict and disciplined life. That alone does not make one a saint. Many have often identified sanctity and virtue with self-renunciation and the capacity to do what is difficult. Saints are people who are grateful, who see and receive everything as gift.

When we begin to demand or feel entitled, when we say things like: you owe me such and such a thing, such a position, title or whatever, it points to a lack of gratitude and a demand to take rather than to receive. Sometimes our own history as a nation has portrayed these characteristics. We feel we are entitled, even if others suffer. We take, rape the land or waste as though we have a right. This is part of our original sin and the sin of our nation. We demand without considering the cost to others.

During these Thanksgiving holidays, let us take a moment and thank God for the many blessings He has given us. Let us intentionally give thanks for the small things and the “little people” in our lives who do much for us and yet go unnoticed. And, yes also give thanks for our country, our rich history of generosity and openness to immigrants and for some wonderful leaders who have had the courage to do what was right.

I wish to thank all of you who are part of
We pray for the sick and suffering in our province, that they will be restored to full health

Bless those who have grown old in your service and give them courage and strength in their faith

Be with us as we discern our life’s work and guide us in the way we are called to follow in the footsteps of your Son.

We ask you this, that in everyone and in everything glory, adoration and love may be given to the Most High Lord of all things, who is Father, Son and Holy Spirit. Amen.

the Salesian Family: my brothers in community, our Salesian Sisters, our collaborators and cooperators, members of the many Salesian groups who make up our Salesian Family and all those who work tirelessly for the young, our young people who continue to inspire us and all those who make up our wonderful province. May our Good God bless you and your families. We are grateful for your presence in our lives.

Please continue to keep Fr. Leo Baysinger in your prayers as we pray for his eternal rest and thank God for his life and dedication to the mission given to us by Don Bosco. Funeral services will be held at St. John Bosco High School on Wednesday, December 4th. The Funeral Liturgy will be at 4:30 pm followed by a simple reception. His burial in Richmond will be held on Friday, December 6th, with a Mass at 11am in the Salesian community chapel. Fr. Leo will be buried in the province cemetery next to our Salesian residence. “Eternal rest grant unto him O Lord! And, let perpetual light shine upon him.”

Let us also remember the feast of our patron of our province, St. Andrew the Apostle. Unfortunately, this feast sometimes gets buried underneath the many other feasts, celebrations and holidays. We are grateful for his example of following Christ and leading others to Him. May we also accompany the young to Christ. May St. Andrew, the Apostle, continue to intercede for us and accompany us on the road to holiness.

I will be celebrating our Thanksgiving meal with the Salesians from the North at St. Luke’s in Stockton. I will remain at the provincial house until Monday. I will then travel down to Los Angeles for a Board of Directors meeting at Don Bosco Tech, Rosemead and for the funeral of Fr. Leo Baysinger.

Happy Thanksgiving to all of you. And, remember, “to be a saint is to be motivated by gratitude, nothing more and nothing less.”

With warm regards and gratitude,
NOVEMBER EVENTS

1st
All Saints’ Day

2nd
Mass for deceased benefactors and members of the Salesian Family

5th - 9th
SUE-SUO Provincial Councils Meeting - New York

12th
Members Meeting - Richmond

13th
Blessed Artemides Zatti, Religious

13th
Members Meeting – Watsonville

14th
Members Meeting – St. John Bosco

15th
Blessed Maddalene Morano

20th-22nd
NCYC, Indianapolis

28th
Thanksgiving Day
Eternal Rest
Fr. Leo Baysinger passed away on Friday, November 22nd, 2019

Funeral Arrangements

Wednesday, December 4, 2019, Bellflower
St. John Bosco High School Chapel
2:00- 4:00 pm Viewing
4:30 pm Funeral Liturgy
6:00 pm Reception at MPR

Friday, December 6, 2019, Richmond
Salesian Preparatory
10:00 am Viewing
11:00 am Requiem Mass and Interment
12:15 pm Lunch

Salesians will express love and gratitude to confreres who have been called by God to eternal life. (R. 76)
By Andres Neria  
Delegate for Social Communication  

NC! YC! NC! YC! This would be the chant of over 20,000 Catholic young people from around the country that descended on Indianapolis for the biennial National Catholic Youth Conference (NCYC). The young Church in the United States was very much alive despite the damp chill of the Midwest.

In the thick of the largest three day youth gathering was the Salesian Family of Don Bosco from all four provinces of the FMA and SDB of USA-Canada. The theme this year was “Blessed. Broken. Given.” Centering on the scripture passage of the road to Emmaus, the Salesian family walked alongside these young people from 145 dioceses and their youth ministers.

The collaboration of the four provinces over the past year was spent looking for innovative ways to engage and evangelize the young people and bring them closer to God in the style of Don Bosco. This year our presence was in two distinct venues: the Reconciliation area of Sacred Space and a resource booth at the Global Village, a multi-activity area of the exhibition hall.

In the Reconciliation area, we took on the journey aspect of the conference theme and created a Salesian Examen to guide the participants in reflecting on how they could improve on living their lives with greater significance and meaning. The Examen began with an invitation to walk with Christ in preparation to receive his mercy in the Sacrament of Reconciliation. Five stations along the journey then followed inviting the participants to look at their lives based on our Salesian youth spirituality: encountering God in daily life, celebrating joy and optimism, our friendship with our Lord Jesus, being in communion with the Church, and sent as missionary disciples in service of the world. Each station marker invited the participants to pause and reflect with a number of personal questions. Members of our province group accompanied the participants along the way leading up to personal confession. 75 confession stations were busy throughout the conference. Our own Fr. John Roche must have heard a few hundred confessions! The power of God’s mercy was imparted on thousands of young people these days.

At the “Global Village,” the second venue of our Salesian presence, was a resource exhibit booth. Here we were able to interact with the young people and share with them our charism, mission, and spirituality. Aside from the regular t-shirt and sticker, we offered to the young a concrete way of living out youthful holiness as exemplified by our young Salesian saints and blessed. We challenged them to heed and live out the words of our Holy Father Pope Francis that he gave at the opening of NCYC to “go and fill your surroundings, even the digital ones... not to convince others; not to proselytize, but to bear witness of the tenderness and mercy of Jesus.”

Youth ministers and young people alike, looked forward to our Salesian booth to see what new things we have on offer, but more importantly to come and discover how we might share our faith in creative ways. Many come not knowing or heard about the Salesians, but many come knowing the great saint that is our founder, Don Bosco. Many youth groups have taken Don Bosco as their patron, while others have an affinity to his Preventive System.

Every so often we encounter past pupils of the Salesians, both FMA and SDB, mostly from other countries. This year at NCYC we were blessed to have Ivan Diaz, an alumnus from our school in Bogota, Colombia stop by our booth. Ivan is a music composer. Ivan will be publishing the first official bilingual mass setting in honor of St. John Bosco through Oregon Catholic Press (OCP), which will soon debut at the Los Angeles Religious Education
Congress in Anaheim, California. It’s these encounters like the one with Ivan, that remind us of our wider Salesian family and the impact Don Bosco has made in the lives of so many.

Like the disciples on the road to Emmaus, our hearts have been on fire because we have encountered the Lord, not only in the Blessed Sacrament present throughout the conference, but in the young Church who witnessed to us their fervent faith and desire to reflect God’s love to the world. We pray that their fire and ours will continue to be ignited.

The Salesian team that assembled after months of planning and preparing need to be thanked for their hard work! From FMA West: Sr. Jeanette Palasota and Sr. Sydney Moss. From FMA East: Sr. Guerline Joseph and Sr. Theresa Lee. From SDB East: Mr. Guilherme Lopes, Miss Victoria Weekly, and Miss Amy Marinaro. From SDB West: Mrs Gina Robles, Fr. John Roche, Bro. Al Vu, and myself—Andres Neria.

We now rest until the next NCYC which will take place again in Indianapolis on November 18-21, 2021!
Thanksgiving Canned Food Drive and Fundraiser

By Edmond Ngo
Salesian Cooperator - St. Bridget's

Over the past few weeks, in preparation for Thanksgiving, St. Bridget’s Chinese Catholic Church organized a fundraiser and canned food drive in support of the St. Mary’s Catholic Church community in Los Angeles. The fundraiser, spearheaded by the Salesian Cooperators, collected a total of $3,716 in donations along with many boxes of canned/non-perishable foods. The gifts were hand-delivered to Fr. Rafael Saiz at St. Mary’s Catholic Church on Sunday, November 24.
**Monthly Community Vocation Animation**
Each community is asked to spend one community meeting per month creating lists of possible persons to be invited by members of the communities, the collaborators, staff, administrators, teachers, and ministers to consider serving the Lord.

**Monthly Guides**

**Month Community Meeting Vocation Lists:** Each community will be expected to create a list of possible candidates for inviting into consideration of Salesian life at least once a month. The following schedule will assist in this effort.

### NOVEMBER:
Create a list of 6-10 young people currently involved in Christian Service and Outreach to the Poor.

**Persons to Remember, Cultivate, and Invite**
No minor will be contacted by phone through the Vocation Office. Once a list is generated, this contact will be encouraged through the local community. Emails will be used once you have made initial invitation and encounter. Named persons over 18 can be approached by the Vocation Office.

<table>
<thead>
<tr>
<th></th>
<th>First Name:</th>
<th>Last Name:</th>
<th>E-mail:</th>
<th>Cell Phone:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Please ask one member of your community to serve as the Local Vocation Promoter. After these monthly meetings, send the list above to:

Salesian Vocation Office c/o De Sales Hall
P.O Box 4398, Downey, CA 90241

After generating this list, please create a plan for each community to contact and follow-up with these identified young people. Remember, if you don’t ask, they will never be invited.
The Importance of Sleep Hygiene
Sleep hygiene describes good habits that improve the quality of sleep. The stress of modern life and the use of electronic devices before bed mean more people are waking up feeling tired; their circadian rhythms are struggling to cope with the unnatural sequence of our modern lives. Furthermore, working indoors with little exposure to natural light tricks the body into thinking it is nighttime. Over time, exposure to these factors can create circadian rhythm disorders and larger health issues.

Impact of Modern Technology
The blue light emitted by mobile phones, TVs, and tablets mimics the blue we see in the sky during the daytime. Our bodies have evolved to be awake during the day, so our brains release the hormone cortisol when we see blue-ish light. Cortisol wakes up the brain, making us alert and active. However, if you are browsing the internet or watching TV before bed, the brain cannot distinguish between the natural blue of daylight and the artificial blue of screens. Looking at screens up to an hour before bedtime can increase cortisol levels and reduce the effectiveness of the sleep hormone melatonin on your brain. As a result, we may have difficulty sleeping or experience lower-quality sleep, leaving us tired the next day.

The Damaging Effects of Chronic Sleep Problems
- Foggy-headed and forgetful—increased risk for impaired driving ability.
- More mood swings, feelings of anxiety and unhappiness.
- Increased risk for cardiovascular problems like unhealthy blood pressure.
- Weakened immune system as well as weight gain.
- Prone to falling and tripping accidents.

Sheila’s note: this concludes our circadian rhythm series. Next week we will explore a very important topic that affects us all: sleep.
Congress in Anaheim, California. It's these encounters like the one with Ivan, that remind us of our wider Salesian family and the impact Don Bosco has made in the lives of so many. Like the disciples on the road to Emmaus, our hearts have been on fire because we have encountered the Lord, not only in the Blessed Sacrament present throughout the conference, but in the young Church who witnessed to us their fervent faith and desire to reflect God's love to the world. We pray that their fire and ours will continue to be ignited.

The Salesian team that assembled after months of planning and preparing need to be thanked for their hard work! From FMA West: Sr. Jeanette Palasota and Sr. Sydney Moss. From FMA East: Sr. Guerline Joseph and Sr. Theresa Lee. From SDB East: Mr. Guilherme Lopes, Miss Victoria Weekly, and Miss Amy Marinaro. From SDB West: Mrs Gina Robles, Fr. John Roche, Bro. Al Vu, and myself—Andres Neria. We now rest until the next NCYC which will take place again in Indianapolis on November 18-21, 2021!

SALESIAN YOUTH MINISTRY

SYLC SPIRIT TEAM APPLICATIONS NOW AVAILABLE!

DEADLINE: NOVEMBER 30TH (PLEASE SUBMIT AS SOON AS POSSIBLE)

TO FIND APPLICATIONS VISIT:

- DONBOSCOWEST.ORG
- CLICK YOUTH MINISTRY TAB
- CLICK SYLC ---> SYLC SPIRIT TEAM
SALESIAN YOUTH MOVEMENT
Movimento Giovanile Salesiano • Movimiento Juvenil Salesiano
YOUNG ADULTS

Advent Prayer Night

12.05.2019
6:30pm

Follow Us:
@sym_usawest
Salesian.YouthMovement.USAWest

RSVP: marisol@salesianym.org
(562) 925-2250 ext. 203

Location: De Sales Hall
13856 Bellflower Blvd.
Bellflower, CA 90706
In every young person, a point of goodness is accessible and it is the primary duty of the educator to discover that sensitive cord of the heart so as to draw out the best in the young person.

- Don Bosco